



HERITAGE



Pictured above: Volunteer Becky McAndrews, Director Lillian Hartman and Monique Darpoh show off their skills at Volleyball during the Indoor picnic on 8/20/19.



Pictured above playing Connect Four are Joe Vallante and Joanne Dec, while Perla Tejano waits her turn to play against the winner.



Pictured left to right above showcasing Lowell Senior Center's NEW BUS ... Councilor Dave Conway, Trips Coordinator Carol Lannan, Bus Driver Roger Fortin, Director Lillian Hartman, Councilor Rita Mercier, Mayor William J. Samaras, Manager Eileen Donoghue, Friends Claire Brodeur, Vice Mayor Vesna Nuon, Friends Lenny Gendron, CFO Conor Baldwin, and Friends Beverly Gonsalves.

New Grocery Shopping Routes

Pilot Neighborhood Trips Begin in October
Shopping Trips are open to all Lowell residents age 60+, call 978-674-4131 to reserve your space. You must provide your birthdate and emergency contact information to become a senior center member. Up to 8 shoppers per day, limit 2 bags each, \$1 for a round-trip. The bus is carry-on, carry-off so nothing too heavy for you to lift please. Trips are canceled if schools are closed due to weather. Please call for the dates serving your neighborhood only. Feedback on this pilot program is appreciated.

Continued on page 5 ...

Inside

- 2 Contacts
- 3 Helpful News
- 4-5 Trips & Transportation
- 6 Healthy Aging
- 7 Let's Get Physical!
- 8 Monthly Events
- 9 Weekly Activities
- 10 Calendar Events
- 12 Lunch Menu
- 14 Veterans & City Events
- 16 Friends of LCOA
- 17 Newsletter Sponsors

CITY MANAGER

Eileen Donoghue

Assistant City Manager

Kara Keefe

City Council**Mayor**

William J. Samaras

Vice Mayor

Vesna Nuon

Karen A. Cirillo

David J. Conway

Rodney M. Elliott

Edward J. Kennedy, JR

John J. Leahy

Rita M. Mercier

James L. Milinazzo

LOWELL
SENIOR CENTER**Main Number:****978-674-4131****Fax: 978-970-4134**

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**Hours of Operation:****Monday—Friday:****Open 6:30 AM—4:00 PM****Continental Breakfast 7:00-9:00  
am****Lunch served at 11:30 AM*****CLOSED******On weekends  
for the month of September***

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Executive Director: Lillian Hartman

lhartman@lowellma.gov

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**Receptionist:** Tara Donnelly

978-674-1171 ~ tdonnelly@lowellma.gov

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Trips & Events Coordinator: Carol Lannan

978-674-1169 ~ CLannan@lowellma.gov

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**Outreach Caseworker:** Amy Medina Leal

978-674-1167 ~ aleal@lowellma.gov

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For those who prefer reading The Heritage
Newsletter online, please do the following:Enter: www.lowellma.gov

Click on: Departments

Click on: Senior Center

COUNCIL ON AGING
BOARD OF DIRECTORS*Andrew Hostettler, Chair**Joyce E. Dastou**Mary Donnelly**Eric Lamarche**John R. Lawlor**Vincenzo Milinazzo*

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**Next meeting:****Monday, September 9th  
at 9:00am - Public Welcome****City of Lowell**  
**Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**

COA 2nd Floor

Fax: 978-446-7270

**Senior Abuse**  
**Hotline Number**To report suspected elder  
abuse, call: 1-800-922-2275**DTA Hotline**  
**(SNAP/Food Stamps)**Direct line for seniors:  
1-833-712-8027**Are you having a problem**  
**with your in-home**  
**caregiver?**

1-800-243-4636

Press #5 to speak to an  
Elder Services Ombudsman.**Legal Services**  
**Assistance & Referrals**For an appointment  
call: 1-800-342-5297



## Director's Message

In September our new 36-passenger bus arrived thanks to many advocates including *Councilor Rita Mercier and the Friends of the Lowell Council on Aging*. Thanks also to the Friends for a new coffee brewer in our dining room, a significant purchase that we hope will last several years. Thanks to the DPW for getting the bus and coffee maker ready to use and for painting around the center. And thanks to the Greater Lowell Health Alliance, which replaced our scale for fitness room users. Other changes you might notice include a new soda machine in our lobby and new flooring in Tara's office.

We'll introduce some of our new staff at an event for all on Friday, Oct. 25. Long-time volunteer Lenny Gendron joined the staff as a custodian this summer and Glady Rosa is our new volunteer coordinator. The senior center Welcomes Ray Destrempe to our staff beginning October 15 as our new full-time custodian. Ray will be coming to us after working at the Pollard Memorial Library. At the time of this writing, we are in process of hiring full-time and part-time chefs. Thanks to all for their patience with the senior center during our period without a full staff.

The senior center is a great place to meet friends, stay healthy, and have fun as visitors or volunteers. This month we will host a city health fair, start an art workshop series and a multi-cultural meditation and lunch series, and continue to bring speakers to promote savings options for seniors. We will start a 3-month pilot to test neighborhood shopping routes. Your feedback is helpful as we try new things, so please don't be shy. We'd also love your help recommending programs and filling volunteer vacancies.

Thanks for reading,

*Lil*



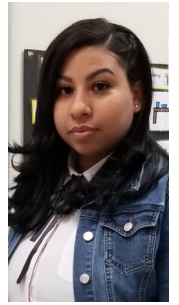
## Volunteer Coordinator Message

Hello,

I would like to formally introduce myself as the newest member to the Lowell Senior Center team. My name is Glady Rosa and I am the new Volunteer/Program Coordinator. I appreciate and look forward to creating a positive impact with my new role here. I most recently worked for a non profit organization for over 8 years. I specialized in community functions and overseeing volunteer programs. I genuinely love this field and I feel confident that I will be able to add great value to an already amazing team.

I also would like to take the opportunity to invite you all to a meet and greet ice cream social. This is where I can get to know you, and you can get to know me a little better. This will be on Friday October 11th at 1pm. I look forward to meeting you all in person soon. Thank you!

Sincerely,  
Glady Rosa



### Don't miss this month:

**City Employee Health Fair**  
at the Senior Center. Tuesday, Oct. 8 all day.  
See page 15

**Reducing Costs for Homeowners**  
**Tuesday Oct. 15, 12 noon to 1:30pm**

Learn how to save money from many agencies, covering:

- Assessor Tax Exemptions
- Senior circuit breaker tax credit
- Reverse mortgages
- Fuel Assistance
- Utility Discounts and Shutoff Prevention
- Foreclosure prevention
- Mortgage Assistance
- Home Modification Loans
- Weatherization and Energy Efficiency Improvements
- Critical Home Repair Programs





## **LCOA bus trips ~ ages 60+ ONLY ... Motor-coach bus trips ~ ages 18+**

All trips must be paid **in full one month prior** to travel date.

The office is open from 6:30am-2:15pm.

Detailed flyers available outside the 2nd floor office.

For more info, contact Carol Lannan at 978-674-1169 or CLannan@lowellma.gov.

If trip contains 16 passengers or less, please park at the senior center. If the trip contains 17 passengers or more, please park at the VFW on Plain Street.

**Seats Available for the Trips below!**



**SUPER STAR OF CELTIC THUNDER**

**EMMET CAHILL'S IRELAND**

STAR OF PBS PHENOMENON CELTIC THUNDER

IRELAND'S MOST EXCITING YOUNG TENOR

WITH THE EMERALD STRING QUARTET

THE DUBLIN CITY DANCERS

THURSDAY MARCH 12<sup>TH</sup>, 2020 VENUS DE MILO, SWANSEA, MA

Best of Times Travel Proudly Presents

**ELTON JOHN** Live in Concert **BILLY JOEL**

**FACE TO FACE**

Thurs. 10/17/19 *The Ultimate Tribute Show* **\$79**

**Johnny Mathis**

**Christmas**

The Ultimate Tribute  
Starring David Robbins

Tuesday, December 3rd  
Danvers Yacht Club **\$79**



Stay Tuned for details about the next trip!

You **MUST** have your **LICENSE** or **PICTURE ID** with you for the Casino entrance.



## \$7.00 Day Trips for ages 60+

| <u>Oct.</u>                                                                       | <u>trips</u> | <u>on sale beginning</u> | <u>Sept 24</u> |
|-----------------------------------------------------------------------------------|--------------|--------------------------|----------------|
| <u>Day</u>                                                                        | <u>Date</u>  | <u>Destination</u>       | <u>Depart</u>  |
| Tuesday                                                                           | 1            | IKEA                     | 9:00 am        |
| Monday                                                                            | 7            | Topsfield Fair           | 9:00 am        |
| Thursday                                                                          | 10           | Quincy Market            | 9:00 am        |
|                                                                                   |              | 16 passengers            |                |
| Monday                                                                            | 21           | Kmart Billerica          | 9:00 am        |
|                                                                                   |              | & Wu Loon Ming           |                |
| Thursday                                                                          | 24           | Christmas Tree Shop      | 9:00 am        |
|                                                                                   |              | & Grassfields            |                |
| Tuesday                                                                           | 29           | Salem Witches            | 8:00 am        |
|  |              |                          |                |
| <u>Nov.</u>                                                                       | <u>trips</u> | <u>on sale beginning</u> | <u>Oct 29</u>  |
| <u>Day</u>                                                                        | <u>Date</u>  | <u>Destination</u>       | <u>Depart</u>  |
| Monday                                                                            | 4            | Merrimack Outlets        | 9:00           |
| Thursday                                                                          | 7            | Northshore Mall          | 9:00           |
| Monday                                                                            | 18           | Walmart, Amherst NH      | 9:00           |
|                                                                                   |              | & Grand Buffet           |                |
| Thursday                                                                          | 21           | Christmas Tree Shop      | 9:00           |
|                                                                                   |              | In Salem, NH             |                |

All \$7.00 trips are payable by check or money orders **ONLY!** NO REFUNDS. 16 seats available!

Please be sure to sign-up for trips right away & call if you need to cancel. Some trips fill up fast and we need a minimum of 4 people or the trip could be cancelled.

Place & time subject to change! A trip may be cancelled due to inclement weather.

## Affordable Senior Transportation

### \$1 Roundtrip Rides for Grocery Shopping

Available on fixed routes only. Call 978-674-4131 for your street to be considered in our fall route planning.

... continued from front cover:

| <u>Neighborhoods</u>                                | <u>Dates</u>     | <u>Shopping Center</u>      |
|-----------------------------------------------------|------------------|-----------------------------|
| Centralville, Pawtucketville                        | Thursday, Oct. 3 | Sunrise Plaza, Lowell       |
|                                                     | Tuesday, Oct. 22 |                             |
| Highlands, Lower Highlands                          | Friday, Oct. 11  | East Gate Plaza, Chelmsford |
|                                                     | Friday, Oct. 25  |                             |
| Back Central, Belvidere, Sacred Heart, South Lowell | Tuesday, Oct. 8  | Stadium Plaza, Tewksbury    |

### FREE Daily Bus Ride

The Lowell Senior Center offers free transportation to the Senior center 5 days a week EXCEPT HOLIDAYS. Call 978- 674-4131 before 9:00 a. m. on the day you want to visit! Mondays, Tuesdays, Thursdays & Fridays bus leaves at 1:00 p.m. and Wednesdays at 3:00 p.m. after BINGO.

### LRTA Road Runner

This service is available for people with a disability that prevents them from using a fixed route bus, and for people age 60+. It may take 21 days to process your application before your first ride, but rides are not limited to medical. Call Road Runner at 978-459-0152.

### CareRide

CareRide, a pilot program of Elder Services of Merrimack Valley with funding from Lowell General, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 65+.

Sign up at the Lowell Senior Center (978-674-4131), and a ride share vehicle will be scheduled for you by Elder Services. No need to use a smartphone or pay the driver; bills come to your address monthly, \$4/each way for local trips.

Elder Services of the Merrimack Valley, Inc.  
*Choices for a life-long journey*  
**CareRIDE**  
 Non-Emergency Medical Transportation

## Doctors, Nurses & MORE

Blood Pressure &  
Weight Check with

Stay tuned for info on the next  
dates for Circle Health!

~~~~~  
Albert Gauthier RN:
Wednesdays
from 9:30—11:30 am

Dr. George Potamitis from Pro-Rehab:

Question and Answer sessions
Wednesdays from 10-11 am

Anxiety Support Group

~~~~~  
With Steve Coupe  
Tuesdays: 2-3:45 pm  
2nd floor Library

### Reiki

~~~~~  
with Jane Breault
SEE or CALL Tara
Nurse's Station
At will offering.

Foot Clinic

~~~~~  
**with Diane Stanley, RN**

3rd Thursday of the month  
9:00am – 12:00pm ... \$30.00 fee

A Total Foot Care appointment  
including: foot  
assessment, toenail  
trimming and filing,  
reduction of nails/  
corns/calluses as  
needed, education to help maintain  
self-care, and a relaxing foot  
massage.

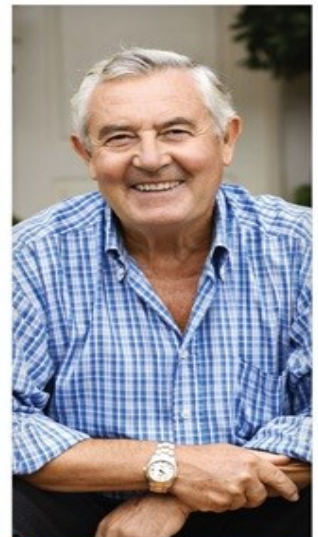
Call Amy for appointments:  
978-674-1167  
2nd Floor Nurse's Station



"I found a  
better deal on  
prescriptions."



"We found  
lower co-pays."



"I found a plan  
that works  
better for me."

### WHAT WILL YOU FIND DURING MEDICARE OPEN ENROLLMENT?

You'll never know unless you go. Compare your current plan to new options. See if you can lower some costs or find a plan that better suits your needs. Many people do. Even if you like your current plan, check to see if the costs or coverage are changing at medicare.gov. Or call 1-800-MEDICARE for help.

Medicare Open Enrollment Oct. 15 – Dec. 7

WWW.MEDICARE.GOV  
1-800-MEDICARE (TTY 1-877-486-2048)



SHINE provides *free & unbiased*  
health insurance counseling for  
Medicare beneficiaries of all ages

### YOUR 2020 MEDICARE PLAN REVIEW

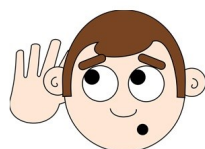
LOWELL COUNCIL ON AGING • 276 BROADWAY  
NOVEMBER 4 • 9am-2 pm • **REGISTRATION REQUIRED** • 978-674-1172  
Bring: Your red, white & blue Medicare card,  
current health insurance card(s) and current list of medications & dosage.

To make an appointment call 978-674-1167 for English/  
Portuguese/Spanish, or 978-454-6200 for Khmer

### Affordable Hearing

Free Hearing Test  
with Christopher Streeter  
Every 4th Wednesday  
10:00 am

2nd Floor Board  
Room  
MA Lic. # 198/  
NH Lic. # H547



### Meet Counselor Joan Gong

Mondays 8:30 am

2nd Floor  
Nurse's Station  
First come, first  
served! For more  
information, call  
1-800-243-4636, press 3 for SHINE



## Exercise Room

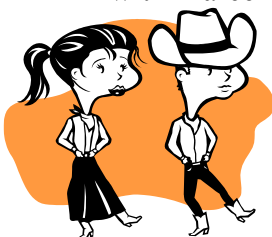


Open Monday-Friday  
6:30 am—4:00 pm

Required:  
Doctor's note  
& Sneakers

## Country Line Dancing

with Marcella Groulx



Tuesdays  
10am to 12pm  
(except 2nd  
Tuesday of  
every month)  
\$5.00

## YOGA

with Christine Connolly,  
RN, BSN, RYT 500-hour Kripalu Yoga  
Teacher, Reiki II Practitioner

**NEW** Tuesdays ~ Board Room  
2-3 pm Gentle Kripalu Yoga

Wednesdays ~ 2nd Floor Classroom  
10-11 Gentle Kripalu Yoga  
11:15-12 Men's Yoga Class

\$5 donation optional thanks to funding.

Helps with arthritis,  
flexibility, strength,  
mobility, range of  
motion, pain, high  
blood pressure,  
breathing, circulation,  
& stress!



## Halloween Dinner Dance



**HAPPY**  
*Halloween*

Friday, Oct. 18,  
10am-3pm

To order food in time,  
we need an accurate  
headcount a week  
before. Please register  
with \$7 payment before  
noon on Friday, Oct. 11.  
Tables may be reserved  
only with 8 pre-paid  
guests.

This month DJ Dave  
Garnick plays tunes for  
couples and line  
dancers.

Door prizes and raffles

Wear your favorite costume to surprise your friends!

Full course meal – Roast Pork

\* Starting in October a full table fee needs to be collected to  
reserve a table for 8. We will also charge \$10 at the door  
or \$7 if paid by noon the previous Friday. \*

## Getting Fit & Staying Fit

with Marian Silk

\$2.00 per class  
Great Hall



Mondays and  
Thursdays:  
9:00 - 9:55 am

Wednesdays:  
8:30 - 9:25 am  
(I like to end 5 minutes  
early so we are out the  
door in one hour!)

## Bone Builders Class

8:30 am Monday & Wednesday  
1:30 pm Monday & Thursday

Learn how to strengthen your  
muscles, maintain or increase bone  
density, improve your balance, build  
confidence, prevent falls, nutrition &  
lifestyle changes, & make new  
friends! 2nd Floor Classroom.

Call 978-674-4131 to register.  
Doctor's approval REQUIRED

## TAI CHI

Tuesdays 10:15– 11:15  
8 weeks for \$24 or walk-ins \$5 per  
class in 2nd Floor Classroom

Helps with: arthritis, strengthening the  
immune system, high  
blood pressure, and  
osteoporosis!

Acupressure points  
also taught: for  
headaches, stress,  
upset stomach &  
more!



The Greater Boston  
**FOOD BANK**



NORTH SHORE  
ELDER SERVICES

MEMBER OF  
**FEEDING AMERICA**

# BROWN BAG

A distribution of pre-bagged groceries

**DATES: 4<sup>th</sup> Tuesday (2019)**  
 October 22      November 26  
 December 10 (**\*\* 2<sup>nd</sup> Tuesday**)

**FOR INFORMATION, CONTACT:**  
 Laura Marsan  
 (978) 946-1303  
 Justin Jordan  
 (978) 946-1279

**Please bring reuseable grocery bags or a cart to carry your food**

*In partnership with*  
  
 Elder Services of the Merrimack Valley, Inc.  
*Choices for a life-long journey*



Bob  
Pomerlieu &  
Elviseena

October 15th  
at 1:30 pm

## Recycled Treasures Art Workshops with Lolita Demers



Repurpose household items into beautiful gifts and decorations. Workshops are led by Lolita Demers, a recently retired school art teacher and covered by CDBG grant funds. Sign up in advance for one or more

Thursday sessions:  
\$1 materials fee per session.  
10-11am in Senior Center  
Classroom



Oct. 10<sup>th</sup>: Wine bottle lights. Glass cutting and lights provided.

Oct. 24<sup>th</sup>: Painted door stops, paper weights

Nov. 7<sup>th</sup>: Picture frame sun catcher/stained glass



## What is ESMV?

Ask Nandi Munson ...

Tuesday, October 22, 2019

from 10:00 am to 12 noon

Elder Services of the Merrimack Valley is a non-profit whose mission is to ensure in-home services and community programs are available to meet the diverse needs of older adults. We offer programs including Meals on Wheels, SHINE counseling, Case Management, Brown Bag, and many more. We have served the Merrimack Valley for 45 years.



**Mah-Jong**

Mondays

12:00 to 3:00 pm

Board Room

**FREE**

**Computer and  
tablet assistance  
with Pierre and Don**

**Fridays 9:30 – 11:30**

This is **NOT** a teaching  
classroom but a problem  
solving workshop



**2nd Floor Computer Lab**

**B - I - N - G - O**

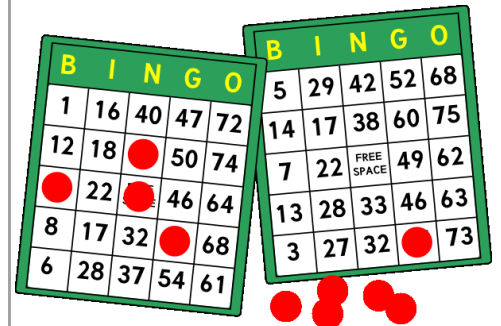
Every Wednesday

1:00—3:00 pm

50¢ per card,

sales start at noon

Prize amounts vary due to  
attendance. **PLUS** additional prizes!

**Knitting & Crochet  
Group**

Tuesdays 12:00—3:00 pm

2nd Floor Classroom

**Newcomers  
welcome!**

**Quilting Group**

Wednesdays

12:30—3 pm

2nd Floor Classroom

Newcomers welcome,  
beginners to advanced!

**Lowell Senior  
Center Singers**

Rehearsals:

Mondays at 1:00 pm

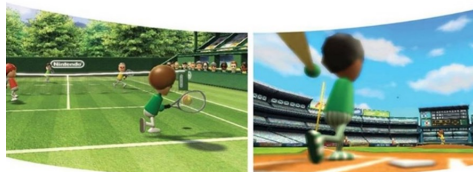
2nd Floor Classroom

**Cribbage Players  
Needed!**

Tuesdays

12 noon to 3:00 pm

Cardroom

**Wii™****Wii Bowling****Tuesdays & Fridays****11:45 am to 12:45 pm****2nd Floor Board Room****Cards!**

Thursdays

12 noon to 3:45



45's

Wednesdays &amp; Fridays


9:00 to 3:45

Poker



| Sunday                                                                            | Monday                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |                                                                                                                                                                                                                                                       | 1.<br>7-9 Breakfast Program 50¢<br>10-12 Country Line Dancing<br>10:15-11:15 Tai Chi<br>11:45 Wii<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet<br>2-3:30 Anxiety Support Group                                                                                                                             | 2.<br>7-9 Breakfast Program 50¢<br>8:30 On the Move<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Gentle Kripalu Yoga<br>11:15-12 Men's Yoga Class<br>1-3 Bingo<br>1:30-3:30 Quilting                                     |
| 6.<br>Temporarily closed on weekends ... stay tuned for re-opening news           | 7.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE Counselor<br>8:30 CTI Bone Builders A<br>9:00 On the Move<br>12-4 MAH-JONG<br><b>12—MOVIE!</b><br>1-1:30 Lowell Senior Center Singers<br>1:30 CTI Bone Builders B                                 | 8. <b>City Employee Health Fair</b><br>7-9 Breakfast Program 50¢<br>NO CTI meeting<br>NO Country Line Dancing<br>10:00 Computer Class<br>10:15-11:15 Tai Chi<br>11:45 Wii<br>NO Cribbage<br>NO Knitting & Crochet<br>2-3:30 Anxiety Support Group<br>NO Gentle Kripalu Yoga<br>*TV Room Closed               | 9.<br>7-9 Breakfast Program 50¢<br>8:30 On the Move<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Gentle Kripalu Yoga<br>11:15-12 Men's Yoga Class<br>1-3 Bingo<br>1:30-3:30 Quilting                                     |
| 13.<br>Temporarily closed on weekends ... stay tuned for re-opening news          | 14.<br>                                                                                                                                                             | 15.<br>7-9 Breakfast Program 50¢<br>10-12 Country Line Dancing<br>10:00 Computer Class<br>10:15-11:15 Tai Chi<br>11:45 Wii<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet<br>1:30 Bob Pomerlieu & Elviseena, pg 8<br>2-3:30 Anxiety Support Group<br>2:00 Gentle Kripalu Yoga                                | 16.<br>7-9 Breakfast Program 50¢<br>8:30 On the Move<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Gentle Kripalu Yoga<br>11:15-12 Men's Yoga Class<br>1-3 Bingo<br>1:30-3:30 Quilting                                    |
| 20.<br>Temporarily closed on weekends ... stay tuned for re-opening news          | 21.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE Counselor<br>8:30 CTI Bone Builders A<br>9:00 Trip: Wrentham Outlets<br>9:00 On the Move<br>12-4 MAH-JONG<br><b>12—MOVIE!</b><br>1-1:30 Lowell Senior Center Singers<br>1:30 CTI Bone Builders B | 22.<br>7-9 Breakfast Program 50¢<br>10-12 Country Line Dancing<br>10:00 Computer Class<br>10-12 Ask Nandi about ESMV, pg 8<br>10:15-11:15 Tai Chi<br>11:45 Wii<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet<br>2-3:30 Anxiety Support Group<br><b>12-3-Brown Bag Day, pg 8</b><br>2:00 Gentle Kripalu Yoga | 23.<br>7-9 Breakfast Program 50¢<br>8:30 On the Move<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br><b>10:00 Affordable Hearing</b><br>10-11 Gentle Kripalu Yoga<br>11:15-12 Men's Yoga Class<br>1-3 Bingo<br>1:30-3:30 Quilting |
| 27.<br>Temporarily closed on weekends ... stay tuned for re-opening news          | 28.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE Counselor<br>8:30 CTI Bone Builders A<br>9:00 On the Move<br>12-4 MAH-JONG<br><b>12—MOVIE!</b><br>1-1:30 Lowell Senior Center Singers<br>1:30 CTI Bone Builders B                                | 29.<br>7-9 Breakfast Program 50¢<br>10-12 Country Line Dancing<br>10:00 Computer Class<br>10:15-11:15 Tai Chi<br>11:45 Wii<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet<br>12:30 Make a Walking Stick<br>2-3:30 Anxiety Support Group                                                                      | 30.<br>7-9 Breakfast Program 50¢<br>8:30 On the Move<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Gentle Kripalu Yoga<br>11:15-12 Men's Yoga Class<br>1-3 Bingo<br>1:30-3:30 Quilting                                    |



| Thursday                                                                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                                                                                                     | Saturday                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| 3.<br>7-9 Breakfast Program 50¢<br>9:00 On the Move<br>10:00 AA Info meeting<br>12-3:45 Cards: 45's<br>1:00 My Life, My Health, pg 13<br>1:30 CTI Bone Builders B                                                                                                                | 4.<br>7-9 Breakfast Program 50¢<br>8-9:30 Veterans Coffee Social<br>9:30 Grandparents Raising Grandchildren, see pg 13<br>9:30 Computer/Tablet Assistance<br>10:00 Free Produce Program<br>11:30 Poker<br>11:45 Wii Games                                                                                                  | 5.<br>Temporarily closed on weekends ... stay tuned for re-opening news  |
| 10.<br>7-9 Breakfast Program 50¢<br>9:00 On the Move<br>10:00 AA Info meeting<br>10:00 Recycled Treasures, pg 8<br>12-3:45 Cards: 45's<br>1:00 My Life, My Health, pg 13<br>1:30 CTI Bone Builders B<br>2:00 Computer Class                                                      | 11.<br>7-9 Breakfast Program 50¢<br><b>9:00 Veteran's Breakfast with speaker Diane Welch from Fallon &amp; Open Mic with Eric Lamarche</b><br>9:30 Computer/Tablet Assistance<br>10:00 Free Produce Program<br>11:30 Poker<br>11:45 Wii Games<br>1-3 Senior Social \$1.00 - meet our new Volunteer Coordinator Gladys Rosa | 12.<br>Temporarily closed on weekends ... stay tuned for re-opening news |
| 17.<br>7-9 Breakfast Program 50¢<br><b>9:00 Foot Clinic by Appt</b><br>9:00 On the Move<br>10:00 AA Info meeting<br>12-3:45 Cards: 45's<br>1:00 My Life, My Health, pg 13<br>1:30 CTI Bone Builders B<br>2:00 Computer Class                                                     | 18.<br>7-9 Breakfast Program 50¢<br>8-9:30 Veterans Coffee Social<br>9:30 Computer/Tablet Assistance<br><b>10-3 Dinner Dance pg 7</b><br>10:00 Free Produce Program<br>11:30 Poker<br>11:45 Wii Games                                                                                                                      | 19.<br>Temporarily closed on weekends ... stay tuned for re-opening news |
| 24.<br>7-9 Breakfast Program 50¢<br>9:00 On the Move<br>10:00 AA Info meeting<br>10:00 Recycled Treasures, pg 8<br>12-3:45 Cards: 45's<br>12:00 Meditation & Multicultural lunch, see pg 13<br>1:00 My Life, My Health, pg 13<br>1:30 CTI Bone Builders B<br>2:00 Computer Class | 25.<br>7-9 Breakfast Program 50¢<br>8-9:30 Veterans Coffee Social<br>9:30 Friends Meeting<br>9:30 Computer/Tablet Assistance<br>10:00 Free Produce Program<br>11:30 Poker<br>11:45 Wii Games<br>1-3 Senior Social \$1.00                                                                                                   | 26.<br>Temporarily closed on weekends ... stay tuned for re-opening news |
| 31.<br>7-9 Breakfast Program 50¢<br>9:00 On the Move<br>10:00 AA Info meeting<br>12-3:45 Cards: 45's<br>1:00 My Life, My Health, pg 13<br>1:30 CTI Bone Builders B                                                                                                               |                                                                                                                                                                                                                                                                                                                            |                                                                          |
|                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                            |                                                                          |

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**First Lowell Rehab Apartments**

Effective July 1<sup>st</sup>, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



## ATTENTION LUNCH PARTICIPANT'S ... VERY IMPORTANT!

PLEASE MAKE SURE YOU SWIPE IN FOR LUNCH EACH DAY!

If you are planning on enjoying lunch, but have no key tag—Please see Tara for a swipe tag. If you have a key tag but forgot it, please see Tara to add your name to the lunch list. Even if you forgot to swipe-in before lunch, please do so afterwards so we have an accurate count. The Senior Center receives funding from agencies and we must provide accurate counts of participants.

*THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING.*

A donation of \$2.50 is requested for **lunch that is served beginning at 11:30 am, 11:15 am on Wednesdays.** Tickets are available daily until 10:30 am. Seniors that arrive after 10:30 am may pay cash and will follow ticket holders. **Please be on site no later than 11:30 am, if you want to have lunch.** Funding for our meal program is made possible by EOEA, Merrimack Valley Nutrition, & City of Lowell. **Menu subject to change!**

| Sunday | Monday                                                                | Tuesday                                                                | Wednesday                                                             | Thursday                                                                 | Friday                                                                    | Saturday |
|--------|-----------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------|----------|
|        |                                                                       | 1. Chicken Fajitas, Rice, Mixed Veggies, Wheat Bread, Mandarin Oranges | 2. Stuffed Cabbage, Corn, Wheat Bread, Pudding, Juice                 | 3. Hot Dogs & Beans, Coleslaw, Hot Dog Rolls, Fruit Salad                | 4. Fish, Mashed Potatoes, Spinach, Wheat Bread, Apple                     | 5.       |
| 6..    | 7. Chicken Fritters, Rice, Carrots, Wheat Bread, Apricots             | 8. Health Fair: sandwiches provided including vegetarian option        | 9. Roast Beef, Mashed Potatoes, Green Beans, Wheat Bread, Pears       | 10. Chicken Dippers, Rice, Mix Vegetables, Wheat Bread, Mandarin Oranges | 11. Fiesta Style Fish, Mashed Potatoes, Broccoli, Wheat Bread, Pineapples | 12.      |
| 13.    | 14. CLOSED<br><br>COLOMBUS<br><br>DAY                                 | 15. Chicken Patty, Rice, Waxed Beans, Wheat Rolls, Apricots            | 16. BBQ Beef Ribs, Mashed Potatoes, Peas, Wheat Bread, Peaches        | 17. Mac & Cheese, Stewed Tomatoes, Broccoli, Wheat Bread, Mixed Fruit    | 18. DINNER DANCE: Roast Pork Meal                                         | 19.      |
| 20.    | 21. Vegetable Lasagna, Spinach, Juice, Pears, Wheat Bread             | 22. Veal Patties, Mashed Potatoes, Mixed Veggies, Wheat Rolls, Pears   | 23. Chicken Breast Filet, Rice, Carrots, Wheat Bread, Pineapples      | 24. Stuffed Peppers, Corn, Wheat Rolls, Strawberries                     | 25. Fish Cakes, Broccoli, Mashed Potatoes, Wheat Rolls, Apricots          | 26.      |
| 27.    | 28. Hamburg & Onions, Mashed Potatoes, Peas, Wheat Bread, Fruit Salad | 29. Chicken Cacciatore, Rice, Corn, Wheat Bread, Pears, Juice          | 30. Chicken, Mashed Potatoes., Wax Beans, Wheat Rolls, Juice, Pudding | 31. Cheese Ravioli, Spinach, Wheat Bread, Cantaloupe                     |                                                                           |          |

Due to unforeseen circumstances, the center will be closed temporarily on weekends. Look for announcements about our weekend schedule at the senior center soon.



Fall 2019 Regional Workshops  
For Grandparents Raising Grandchildren



**Registration is required!**

**LOWELL**  
**OCTOBER 4, 2019**  
**9:30 AM- 12:30 PM**

**Location:**  
 Lowell Senior Center  
 276 Broadway St. Lowell, Ma. 01854

**Guest Speaker:**  
 Middlesex District Attorney Marian T. Ryan  
**Topic:**  
 Cyber Safety

\*\*\*light refreshments and pastries will be provided\*\*\*

**To register please  
 contact the Commission:**

**[Colleen.pritoni@state.ma.us](mailto:Colleen.pritoni@state.ma.us)**

For the entire statewide schedule, please visit [www.massgrg.com](http://www.massgrg.com)

**Meditation and**  
**Multicultural Lunch**

At the Lowell Senior Center, 276 Broadway St

Thursday, Oct. 24 at 12 noon

Led by CMAA's Tooch Van, Barbara Dunsford and Venerable, Mee Lem, this combo yoga and meditation group meets at CMAA and will now come to the senior center monthly. Instructors speak ***Khmer and English***. After the group, a Southeast Asian meal will be served at 1pm for participants, free with optional \$2.50

donation. Free rides from home or CMAA to the senior center are available, please call 978-674-4131 (Senior Center) or 978-454-6200 (CMAA) to request a ride before noon on Oct. 23.



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**Thursdays, October 3<sup>rd</sup> - November 7<sup>th</sup>, 2019**

**1:00pm - 3:30pm**

**Lowell Senior Center**  
**276 Broadway St., Lowell MA**

**For More Info or To Register**  
 Please call Maria Arias at 978-946-1211.  
 Or visit our website  
[www.healthyliving4me.org](http://www.healthyliving4me.org)

**OCTOBER 2019**  
**COMPUTER WORKSHOPS**



**TUESDAYS @ 9AM**

**THURSDAYS @ 2PM**

Registration in person

Register online

at the Pollard Memorial Library  
 401 Merrimack Street at the 2nd Floor  
 Reference Desk or by calling  
 (978) 674-4121

<http://pollardml.org/events/library-calendar>  
Sort by Category and Select Technology  
Workshops. Then select **REGISTER** and  
 type in your information.

**INTRO TO PCS**  
 10/10 (THU) @ 2PM

**Intro to PCs:** A general introduction to PCs and Windows 10, users will also practice using the mouse and keyboard.

**INTERNET & BROWSERS**  
 10/15 (TUE) @ 10AM

**Internet & Browsers:** Topics include: opening a browser; surfing the web; performing a search; and online safety.

**EMAIL**  
 10/17 (THU) @ 2PM

**Email:** New users will learn to setup and use email using **mail.com**.

**CELL PHONE SKILLS**  
 10/22 (TUE) @ 10AM

**Cell Phone Skills:** Learn to use your smart phone to send and receive texts and email; attach and download images and documents.

**DIGITAL PHOTOS**  
 10/24 (TH) @ 2PM

**Digital Photos:** Learn to upload, download, crop and enhance photos from email, smart-phones and tablets.

**MICROSOFT WORD**  
 10/29 (TUE) @ 10AM

**Microsoft Word:** Learn how to create, edit and save documents with Microsoft Word. PC Skills required.



**SENIOR CENTER BRANCH**  
**LOWELL LIBRARY**



### COFFEE SOCIAL

Fridays, 8:00-9:30 am at the Lowell Senior Center Board Room., 2nd Floor. Presented by Edith Nourse Rogers Memorial Veterans Hospital (Bedford VA) & Lowell Veteran's Services. Join us for coffee, conversation, camaraderie, & support in an informal atmosphere to socialize and discuss issues such as Healthcare, upcoming events, helping others, community involvement, VSO assistance, and benefits. For more info, contact: Steve Hines at 781-687-3173 or Eric Lamarche at 978-970-4070.

### Veteran's and Widows

You may be entitled to REIMBURSEMENT OF YOUR MEDICAL EXPENSES if you are an unmarried veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

You may also be entitled to FINANCIAL ASSISTANCE: if you are an unmarried senior citizen veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

Note: The home you live in and one vehicle are not counted as assets. This is an entitlement of benefits based on your, or your spouse's, military service. Call the Veterans Services Officer to arrange an interview to see if you qualify for benefits. The law requires the Veterans' Services Officer take your application and forward it to the Massachusetts Department of Veterans' Services. If you need more information please contact your Veterans' Services Officer, Eric Lamarche 978-674-4066 [elamarche@lowellma.gov](mailto:elamarche@lowellma.gov)

## Open Mic at the Senior Center

Friday November 8th at 9:00 am

Do you have a talent for music or other performance art? We'd love to see it! Come to share your talent at the senior center following the Veterans' Breakfast. This is a non-competitive event, with a friendly audience of your peers. Dressing up is encouraged for a photo panel in next month's newsletter. Limited to 15 acts (one song each). Please register to perform in advance by calling Eric Lamarche at 978-674-1595. Free to perform or attend!



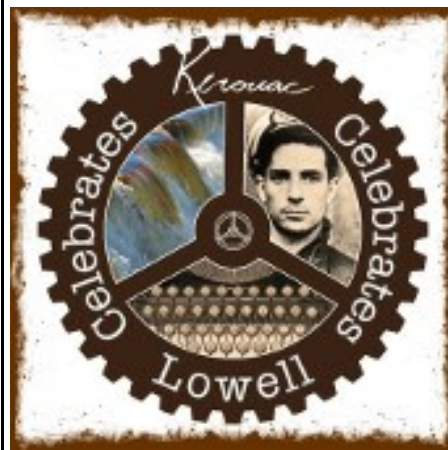
## Monster Bash on Saturday, October 26

The Kiwanis Club, in cooperation with Cultural Affairs and Special Events, presents their annual scary fun with a Haunted House, family activities and a Trick or Treat trail.



## Lowell Celebrates Kerouac Fall Festival

Start Date: Tuesday, October 8, 2019  
End Date: Tuesday, October 15, 2019



## Lowell Cemetery Walk

October 5 @ 10:00 am - 1:00 pm  
Lowell Cemetery Lowell, MA

This is your chance to look inside seven of the Lowell Cemetery mausoleums and to visit other notable monuments in the cemetery. It is a self-paced tour that you can begin at any time during the event from either the Knapp Ave or Lawrence Street gates. Guides will be stationed at each of the featured mausoleums and monuments. These guides will share the stories of those who are buried inside and help you find your way around.





## Walking Stick Classes

Make your own walking stick

Tues-Thurs from 12:30-3:00pm

Free for seniors \$60 Non-seniors  
Instructor: James Sarantakis  
Classes October 22 - November 14  
Call Lowell Senior Center

Lowell Ma, 01854  
978-674-1170 Register with Tara



City of Lowell

## EMPLOYEE HEALTH FAIR

Also Welcoming Council on Aging Seniors  
and Local Veterans

**TUESDAY, OCTOBER 8, 2019**  
**11:00 AM - 2:00 PM**  
**LOWELL SENIOR CENTER**

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HEALTHY LUNCH

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HEALTHY COOKING  
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Community Teamwork

Senior Corps RSVP- Retired Senior Volunteer Program



## RSVP Bone Builders Program

RSVP Bone Builders Program increases your health and well-being, socialization, nutrition education, and home safety assessments to extend and improve self-care.

Classes consist of a low impact weight training geared for adults 60 and older. Held twice weekly for one hour. The exercises improve bone density, increase balance, decrease the risk for falls and fractures.

Also enhances energy and well-being.



Weights are provided ♦ Classes are FREE

Physician permission

Come join us to get strong!

For more information call: Cynthia Perrone – 978-654-5685

## DANCING FOR ADULTS

*Interested in learning Ballroom, Swing, or Salsa?*

The Recreation Department offers free Dance lessons for Adults through  
**Steppin' Out Dance Studio** (1201 Westford Street)!

Pre-Registration is required

**Must be accompanied by a dance partner in order to take lessons**

**Please bring a pair of clean, dry shoes to change into for lessons**

*Beginners are welcome!*

### Swing lessons

Every Tuesday from 6:15-7:15pm

Beginning September 24<sup>th</sup> and Ending October 22<sup>nd</sup>

### Ballroom lessons

Every Sunday from 4:30-5:30pm

Beginning September 29<sup>th</sup> and Ending November 17<sup>th</sup>

### Salsa lessons

Every Friday from 6:30-7:30pm

Beginning October 4<sup>th</sup> and Ending November 1<sup>st</sup>



Information Subject to Change.

For updated information and to register, please visit our website at [www.lowellrec.com](http://www.lowellrec.com)  
or contact us by e-mail at [recreation@lowellma.gov](mailto:recreation@lowellma.gov) or call 978-674-4175!



**Welcome**  
*Friends*

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***DIRECTORS***

Ken Ashley

Lenny Gendron

Beverly Gonsalves

Doris Santos

Arthur Toupin

~~~~~  
Office: 978-674-1175
~~~~~

**Friday,  
October  
25th**

**9:30 am**

**Public  
Welcome**



## **Friends of the Lowell Council on Aging**

### **Become a Member of the Friends of the Council on Aging Group:**

The Friends of the Lowell Council on Aging Center Inc. is the fundraising group for the Lowell Senior Center. Funds raised are utilized for many purposes including ... Kitchen Equipment ... Pool Sticks ... New felt for the Billiards tables ... Social Events.

Annual Fee is \$5 Per Person and membership includes voting rights

Meetings are held on the last Friday of the month at 9:30 a.m.  
in the Board Room on the second floor of the Senior Center located at:  
Lowell Senior Center, 276 Broadway Street, Lowell, MA 01854.

No meetings are scheduled in July and August.  
Donations are accepted and happily welcomed.

By the time you read this hopefully the seniors will be enjoying coffee from a new coffer maker. The old one finally went kaput. Unfortunately it was before the new one arrived. Since the old one came from the Smith Baker, this replacement should also have a long life.

Next month we will publish a list of the September Calendar Winners. They are also posted on a white board in the Great Room as they are drawn. Our mailing list has dwindled by 5 more members. Keep spreading the word. Thank You to those who have asked to be taken off the mailing list.

We will be taking membership dues until the end of October for the year 2019. There will be no membership dues collected the month of November. December 1st we will start accepting memberships for 2020. The memberships run a calendar year not from the time you join FLCOA.

There will be a notice posted explaining this practice. The Friends had a busy summer even though there were no scheduled meetings in July and August. We had one executive board meeting to approve the purchase of the new coffee pot. The board is also in touch with its members and the COA staff for any situations that can be solved with our assistance. We hope to keep seeing you at the meetings on the last Friday of the month @ 9:30 in the Board Room.



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Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail [Lowell@wingatecompanies.com](mailto:Lowell@wingatecompanies.com)



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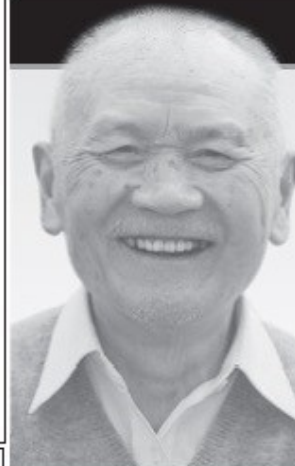
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